



THURSDAY NIGHT TRAINING GROUPS RETURN

The Aurora Table Tennis Club is proud to announce the return of our popular Thursday Night Training Group sessions. Starting February 18th and running through April 22nd, we will offer 10 weeks of training. All sessions are conducted by Hall of Fame Coach, Richard McAfee. Coach McAfee is certified by USATT as a National Level Coach and also by the International Table Tennis Federation.

Players can chose between two levels of training programs:

STEPS TO SUCCESS

Thursday nights from 6:15pm to 7:45pm, starting February 18th. Cost is \$15 per session. Participants are welcome to stay after training for practice. The club closes at 9:15pm.

This course is perfect for anyone who has not had formal training in the sport and is looking to develop a strong base of knowledge for future growth in the sport. The course is based on Coach McAfee's bestselling book, *Table Tennis, Steps to Success*. It is strongly recommended that course participants get a copy of the book so they can review each week's lesson. The book can be purchased at most books stores and most on-line book sellers. Coach McAfee will also have copies available at the club.

TRAIN TO WIN!

Thursday nights from 7:45pm to 9:15pm, starting February 18th. Cost is \$15 per session. Participants are welcome to come early to warm-up and practice. The club opens at 6:00pm.

This group will focus on developing the skills necessary to become high-level players. All participants will receive a written evaluation of the game and personalized drills to help them improve. This training group is designed for players with a rating of at least 1500 and who are looking for a serious training experience.

Space is limited! To sign-up, please contact Coach McAfee by email at rmcafee@comcast.net.